



Naturally Interested in Your Future

60 N. Ronks Road  
Ronks, PA 17572  
717-687-9222

- Seeds
- Garden/Human/Pet
  - Soil Nutrients
- Animal Nutrition
- Animal Health

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# GARDEN NEWSLETTER

Naturally Interested  
in Your Future



- Agricultural Seeds
- Animal Health
- Garden / Human / Pet
- Soil Nutrients
- Animal Nutrition

FALL 2011

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717-687-9222  
60 North Ronks Road  
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**Cash discounts on orders picked up at our store on North Ronks Road.**

## Fall Garden Program

1. **Obtain a soil sample:** every two to three years.
2. **Manage the residue:** chop or shred plants after harvest.
3. **Apply d-Compose:** aids the breakdown of plant debris.
4. **Apply Fall Dry Blend:** choose from Blend C – calcium; Blend M – magnesium; Blend P – phosphorus.
5. **Seed the cover crop:** mow when 8" tall and leave 3" stubble.



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## Over the Garden Gate A Fall Conversation With Gardeners

Greetings on this cool and wet September morning. As the fall and winter seasons are approaching and harvest time is here, we can be extremely thankful for the harvest we are about to reap. Corn, soybeans and the vine crops are coming on strong as well as the plant crops such as tomatoes and eggplants that were bearing all summer. Many of us have already been harvesting, canning, and preserving food.

I want to encourage you with something that I have often reflected on in the past. You have heard me say it over and over and I will say it here again. **There is a strong connection between the soil, food, dinner plate, and human health.**

Obesity, starvation, malnutrition, cancer, the "famous" disorders, and many surgeries are all connected to food in some way. It is not food only, but also diet and nutrition added to physical activity and water intake that all play a serious role in human health.

Allow me to explain. According to my findings, pharmaceuticals have become a daily routine since 1960 in modern/mainstream American diets. Since the 1980's cancer, surgeries, heart diseases, and sudden death syndrome have suddenly become rampant. As a result chemotherapy, radiation, and antibiotics are a necessity for one's survival.

During the same years there was a tremendous change taking place in our American food chain. Researchers, including our USDA, are verifying that we have lost 80% of the mineral value in our vegetables from the mid-1940's till the 1990's.

Dr. Arden Andersen, Dr. Sandy Beddoe, Dr. Carey Reams, and other sound advisors have introduced me to this research. I want to credit Dr. Andersen for exposing me to the very profound research documents that I share at most of my Hu-

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man Health Seminars. For those of you who want to peruse these documents, attend one of my winter seminars and I will gladly share them with you.

1. One document of a study conducted in France indicates that diet and colon cancer are related. *Dietary patterns that reflect a Western way of life (high in fats, animal products, and snacks, and low in fruits and vegetables) are associated with a higher risk of colorectal tumors.*
2. Another document from Sweden links diet and stomach cancer. *...regular intake of vegetables – particularly root vegetables and green leafy vegetables – may reduce the risk of gastric cancer in both men and women.*
3. A document from Uruguay states that Western dietary patterns may significantly impact the risk of bladder cancer. *...consumption of sweet beverages (including coffee, tea, and added sugar) was significantly associated with risk of bladder cancer as was the consumption of a Western dietary pattern (including red meat, fried eggs, potatoes, and red wine). A third dietary pattern high in consumption of fresh vegetables, cooked vegetables, and fruit was not associated with risk of bladder cancer.*
4. A British report using a University of Louisiana study says that history proves a failing food chain. *Food nutrient analyses comparing values from 1930's/1940's to those of 1980's/1990's show 20 to 60 percent less nutrient density in modern foods. Less nutrient=lower energy. Modern foods have pesticide/metal residues. More toxins=energy must be experienced solely to deal with the toxins.*
5. In USDA nutritional studies, a salad of today is compared to one in 1940. *Take a salad today (mixed greens, peppers, onions, tomato, and olive oil)...it has nearly 63% less nutrients, plus residues of pesticides and nitrates, compared to this same salad mix in 1940 which would have had no pesticide residues and little or no nitrates.*

Human health is not failing today. But human health is tied to a set of values that are failing. The values that we feel are failing are the lack of nutrition and the mineral balance. We must trace diet and nutrition and human health back to agriculture. The persons growing our food must have some type of understanding of nutrition.

Nutrition is a broad term. It has to have more than just vitamins and minerals. Fruits and vegetables must have fats and oils, long-chain proteins, starches, and amino acids. If we have an abundance of one mineral such as nitrogen or potassium (easily attainable through horse and livestock manures) and lack calcium and phosphorus, we have a problem.

The frontal lobe of the brain (front central part) needs fats and oils in order to function and balance out the left and right side of the brain. The brain runs the endocrine and autonomic nervous systems of the body. These systems will run the pituitary, thymus, and thyroid glands, which also balance the hormonal level of the body.

If these systems are taxed with low or no nutrition, your body will malfunction. I am not talking just about sugars, flours, and pastries. I am talking about fats, oils, and nutrition. It is very clear

to us that over the last five decades, since the 50's, 60's, & 70's, nutrition in foods has decreased. At the same time, the incidents of obesity, cancer, heart disease, and various disorders have increased. Therein lies a pattern, a correlation. When nutrition in foods declined, medical health risks worsened. Human health dropped and pharmaceuticals were viewed as a quick fix and a simple crutch.

In the last 12 years Lancaster Ag has developed a garden and vegetable program that is outlined in this newsletter. If you have difficulties following it or have questions to which you cannot find answers, we ask you to reread this newsletter, review past newsletters and then follow the steps. If you still have questions, call our Call Center at **717-687-9222** and we will be happy to help you.

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## Lancaster Ag Recommends Cookbook

To help you with your journey toward healthy and wholesome foods, Lancaster Ag offers the cookbook, *Wholesome Home Cooking*. In her interesting ten-page introduction, compiler Katie L. Stoltzfus from Bird-in-Hand, Pennsylvania, tells of her own life experiences that stimulated her interest in health and nutrition. Encouraging tips on how to gradually change eating habits are included in the cookbook. She wisely says, "Take heart, it doesn't all have to be done in one day and not even in one year."



### WHOLESOME HOME COOKING

Preparing Nutrient-Dense Foods  
Compiled by Katie L. Stoltzfus

- Available in our retail store in Ronks, PA
- Order through our 2011 catalog  
Stock#06-7001-700.....\$15.00

Wholesome Lancaster County, PA recipes are printed in this spiral-bound book featuring whole grains, sourdough, natural sweeteners, healthy fats, cultured and fermented food, and bone broth. *Wholesome Home Cooking* contains a collection of recipes from cooks who are committed to serving nourishing food and are putting forth the effort to grow and prepare much of it themselves.

The 14 chapters dedicated to food recipes are:

- Breakfast
- Breads, Muffins, & Crackers
- Cultured Dairy Products
- Fermented Beverages & Foods
- Salads & Dressings
- Soups, Sandwiches, & Pizza
- Snacks, Dips, Spreads & Beverages
- Vegetables & Main dishes
- Meats
- Pies, Cakes & Icings
- Cookies & Bars
- Desserts
- Canning & Preserving
- Seasonings & Miscellaneous

Other chapters in this 250-page book contain kitchen and gardening tips, household hints and cleaners, home remedies, testimonials, and articles about nutrient-dense foods. ■



## We Are Here to Service Your Gardening Needs!

This fall Lancaster Ag is ready to service you, our garden customers, in the following ways.

1. This Fall Garden Newsletter
2. Call Center Staff ready to take your orders for Fall Dry Blends and other garden products at **717-687-9222**.
3. Delivery of your garden products or pick up at our Ronks Road Retail Store.
4. Soil sample analysis and recommendation

## SOIL SAMPLE

Obtain a soil test kit from your Lancaster Ag Representative or call us at **717-687-9222**. Take a soil sample between July and September following the kit instructions. We recommend soil sampling your soil every two or three years and that each following sample is taken during the same month of the year. Send your soil sample to your Lancaster Ag Representative for testing and yearly product recommendation. ■

## Residue Management

- **Chop the Plant Residue**  
Chop or shred the plants immediately after harvest is complete.
- **Apply d-Compose**  
Apply d-Compose at the rate of 4 gallon d-Compose to 20 gallon of water per acre. Or d-Compose can be mixed with the quantity of water that is easiest for you to apply and distribute across your garden and residue.
- **Till the Soil**  
Shallow incorporate the plant residue and d-Compose into the soil with your choice of tillage method. We recommend no more than 6-inch deep tillage.

## Fall Dry Blends

Fall Dry Blends are formulated to help improve the fertility level and balance of the soil for the next growing season.

**Blend C** – apply during the autumn months to help improve the calcium level in the soil

**Blend M** – helps to improve the general function of the soil, including the magnesium level

**Blend P** – apply during the autumn months to help improve the phosphorus level in the soil.

Be prepared. Call Lancaster Ag today at **717-687-9222** to order your Fall Dry Blends.

## ASPARAGUS MIX

Feed your asparagus **now** for next year's crop. Here is a fact: The better the fern growth now, the better next year's crop will be. Apply Lancaster Ag's Asparagus Mix today. Call **717-687-9222** to order or stop by our retail store.



## BLUEBERRY MIX

Shortly after harvest, apply Lancaster Ag's Blueberry Mix to your blueberry plants. **Caution:** Spread the Blueberry Mix throughout the bed. Applying too heavily at the base of the plants results in a high concentration, which may be harmful to the blueberry plants.



## Apples Lead the List of Fruits with Residue

Thought to be the second most popular fruit in America, apples are generally listed after bananas, which are in first place. But on the *Dirty Dozen* list, apples have climbed to number one. The *Dirty Dozen* list ranks fruit and vegetables according to how many pesticides are detected in them when tested. The Environmental Working Group compiled the list using data collected in 2000 - 2009 by the USDA (United States Department of Agriculture) and the FDA (Food and Drug Administration).

Apples lead celery, strawberries, peaches, and spinach in the top five. Apples were found to be the most contaminated product: with over 700 samples that were washed and peeled before testing, 98% of the apples had pesticide residues in them. The Environmental Working Group (EWG) states that pesticides can be harmful to human health and have been associated with cancer, nervous system toxicity, and undermining children's IQ.

Here are two quotes about this residue problem:

*When pesticide sprayers have to bundle up in astronaut-like suits for protection, it's clear parents want to feed their families food containing as little of these toxic chemicals as possible.* -- Dr. Harvey Karp, MD, creator of the book/DVD *The Happiest Baby on the Block*

*Pesticides, while designed specifically to kill certain organisms, are also associated with a host of very serious health problems in people, including neurological deficits, ADHD, endocrine system disruption, and cancer. My advice to consumers is to whenever possible avoid exposure to pesticides, including pesticide residues on food.* -- Andrew Weil, MD, Founder and Director, Arizona Center for Integrative Medicine

**AN IMPORTANT TIP:** Families should not stop eating fruit and vegetables. The health benefits of eating five servings of fruit and vegetables each day far outweigh any health risks posed by their pesticide content. We at Lancaster Ag encourage you to eat organic and local, straight from the farm as often as possible.

The good news is there is also a *Clean 15* list. The top five fruits and vegetables that have the least amount of residue in them are onions, corn, pineapples,

avocado, and asparagus. President Ken Cook of EWG advises that buying organic is always the best choice. But he notes that not everyone can afford organic food or has access to it. The *Dirty Dozen* and *Clean 15* lists help consumers make better choices among conventional produce. It also lets concerned families know that there are certain fruits and vegetables they may always want to buy organic.

More good news items are companies like Kauffman's Fruit Farm of Bird-in-Hand. Their family-owned orchards are located near our Stoltzfus Family Farm along Route 340 on the Old Philadelphia Pike. The Kauffman family has been in the business of raising apples, peaches, cherries, pears, and plums for 106 years.

In recent years Kauffman's have made great strides at adopting green and sustainable practices in their fruit-growing operation. They have set aside 10 acres of their orchard for organic production. Even though organic production costs more, it is important that we support the Kauffman family's efforts. We encourage you to rally around them to make their organic efforts a success.

Hopefully you can find orchards with similar practices in your home area. Another great idea is to use Lancaster Ag's Program for Fruit Trees and our gardening products for your backyard orchard and rows of produce. Call us at **717-687-9222** to get started. ■



## Fermented Vegetables are a Great Winter Side Dish

Information provided by Mary Stoltzfus

Looking ahead to the winter, it is hard to imagine being without fresh vegetables from the garden. Therefore, I will strongly advise you to learn the great art of fermenting. Last fall in Lancaster Ag's *Fall Garden Newsletter*, I shared several ways of creating superb sauerkraut. This fall I want to share with you a new way of fermenting crisp, fresh vegetables.


Fermenting is a process in which we can preserve tasty vegetables similar to those in the favorite Lancaster County chow chow recipes. However, in this recipe that is lightly fermented and aged, you will find the vegetables staying firm and crisp. The recipe presents itself quite nicely when opening up a jar of vegetables in the winter.

You can serve these fermented vegetables to your family like you do pickles, slightly chilled. They can be used in place of a relish or salad and as a side dish to the main hot course of a meal. One benefit of fermented foods is having wonderfully crisp vegeta-

### Raw Vegetable Mix

Chop into bite-sized pieces:

- 5 quarts firm tomatoes, green or slightly pink
- 5 quarts cauliflower
- 5 quarts sweet green and/or red peppers
- 2 quarts sliced onions
- 2 cups hot peppers (optional)
- 2 1/2 cups salt



Layer vegetables with salt. Ferment at room temperature for 24 hours or more, stirring occasionally. Drain salt water. Put in jars and add a mixture of 1/2 water and 1/2 cider vinegar. Refrigerate. Keeps for several months.

**TIPS:** Vegetables can be chopped fine and used as a relish. The jars may be canned, but the vegetables will lose their crisp texture. Red peppers add color.

bles to serve after your garden is finished. Another is the aid to digesting foods that fermented foods give. Enjoy your winter vegetables out of a jar while watching the snow fly! ■

## Over the Garden Gate Continued from page 2

Here is our 5-step Garden Program:

- Take care of your previous crops' residues in the fall
- Seed a cover crop to feed your bacterial life in the soil
- Apply one of our Fall Garden Blends to balance and mineralize your soil
- Apply a spring mineral blend, such as Garden Top Dress and SeedGro
- Take care of summer foliar feeding and drip irrigation

When we talk about human health we must go back to agriculture. It is not only the products you apply, but also, 60-70% happens before and after the products are applied, such as water, heat, or any type of stress. After you see diseases or insects, you need to respond immediately.

Just like in human health, there are options. In human health, if you start with a fever, scratchy throat, or head cold, you can take an antibiotic and move on. Or you

can investigate where the stress comes from and make adjustments accordingly. Increase your vitamins, minerals, herbs, and antioxidants. If you wait too long and do not know what is going on in your body, you may have to eventually revert to antibiotics.

The same thing holds true for vegetable plants and fruits. If you wait too long after noticing the diseases and insects, you may have to go back to fungicides and insecticides, organic-approved or synthetic. Or you can focus on nutrition.

These topics are near and dear to my heart. I understand that I have to tread gently. The decline of agriculture has come slowly and our dependence on medicine has increased gradually. I may be a bit too radical or too earthy for most people, but if we want to restore human life at the human health cellular level, we must have good food and complete nutrition. These cannot just be fruits and vegetables that have an attractive appearance and look good to the eye. I am referring to a package of nutrition when consuming fruits and vegetables.

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## How to Grow Gratitude

Contributed by a Staff Writer

The thrill of gardening comes from watching things grow from tiny seeds into tall bushy plants hanging heavy with fruit and vegetables. Hope lies in growth, while discouragement comes when growth is stunted. Experienced gardeners know ways to reverse the stunted growth. They test the soil in their gardens, add the necessary soil amendments, water, deal with fungus and pests, and coax their plants along.



Here is a fall season challenge as our calendars head toward the national day of Thanksgiving in November. Are we as skilled at growing gratitude as we are at growing eggplant, cauliflower, and broccoli? If we start now, we can transform small seeds of thankfulness into full heads and hearts by November 24.

The first great growth suggestion is to focus on what you have versus what you lack. Take inventory of the bounty that you do have in your life. Do you have enthusiasm, the gift of encouragement, a love of children, a discerning eye, some extra time, original ideas, ability to creatively reuse items that are already in your home, or lots and lots of zucchini?!

The next step toward gratitude is to give some of your abundance away. Start with generous praise to our

Creator God and then give generously to others. Give your best, from your first fruits, and not just from what is leftover. There will be a surprise in store for you.

Here is a story that illustrates how this works. One young mother had a dilemma. She had four young children to care for, but also an inner desire to serve others who were needy. She was too busy with her children, gardening, and farm work to attend the monthly missionary sewing circle at her church. Her conviction to help others grew, until she was inspired by the biblical principle of tithing a tenth of one's possessions.

Wiping the canning jars of peaches, green beans, and applesauce in preparation for storage became a holy chore. As she and her children placed the jars on the shelves in the basement, every tenth jar was set aside as her tithe of time, talent, and treasure. It was a creative offering from her heart to others who needed her home canned foods to nourish their bodies and souls. It was the Miracle of the Tenth Jar.

Do not look at what your neighbors on the right or on the left have among their possessions. Concentrate only on the plenty you have been given. Accept this new way of thankful thinking. Claim it as a part of your lifestyle. Your joy will begin as a trickle from the garden hose and eventually cascade down over the ornamental fountain that stands in your perennial bed. ■



## Over the Garden Gate Continued from page 4

Do we understand the soil, food, dinner plate, and human health connection at a deeper level? Human health is more than just food and diet. It also consists of...

- quality water intake
- detoxification (because we live in a toxic environment)
- physical activity, being physically fit and in shape
- obtaining and maintaining the proper weight
- attitude about ourselves and others
- tithing and giving of ourselves to others

Attitude pays a huge part in human health. It plays a vital part in who you are and the health of your fam-

ily. When we take our focus off of ourselves and think and care about others, we realize the blessings that we have. That in and of itself can sometimes improve our human health condition.

It has been a pleasure and joy to work with all of you, whether you work with me directly or with one of the associates here at Lancaster Ag. The focus of this newsletter and all of the efforts at Lancaster Ag are the same as my passion: to see you healthy and successful in every area of your life. ■

Blessings,

- Reuben C. Stoltzfus